WHAT IS CLAIMED IS:

1. Use of oxandrolone in the manufacture of a composition for the amelioration of myopathy and muscle weakness in an amount effective to attenuate the rate of muscle mass loss in a patient infected with a Type-1 human immunodeficiency virus.

2. The use of oxandrolone according to claim 1 wherein the oxandrolone is administered to the patient in a daily dosage in the range of about 2.5-30 milligrams.

3. The use of oxandrolone according to claim 2 wherein the oxandrolone is administered to the patient in a daily dosage of about 7.5 milligrams.

4. The use of oxandrolone according to claim 2 wherein the oxandrolone is administered to the patient in a daily dosage of about 15 milligrams.

5. The use of oxandrolone according to claim 1 wherein the oxandrolone is administered to the patient as a unit dose of about 1-5 milligrams 3 times a day at about eight hour intervals.

6. The use of oxandrolone according to claim 1 wherein the resulting composition is administered percutaneously.

7. The use of oxandrolone according to claim 1 wherein the resulting composition is administered intravenously.

8. The use of oxandrolone according to claim 1 wherein the resulting composition is administered intramuscularly.

9. The use of oxandrolone according to claim 1 wherein the resulting composition is administered sublingually.

10. The use of oxandrolone according to claim 1 wherein the resulting composition is administered transdermally.

11. The use of oxandrolone according to claim 1 wherein the resulting composition is administered orally.

12. The use of oxandrolone according to claim 11 wherein the resulting composition is in the form of a tablet.

13. The use of oxandrolone according to claim 1 wherein the resulting composition may be administered for a time period in the range of about 2 weeks to about 6 months.

14. Use of oxandrolone in the manufacture of a composition for the amelioration of myopathy and muscle weakness in a patient infected with a Type-1 human immunodeficiency virus such that the resulting composition may be an oral composition suitable for administration for a time period in the range of about 2 weeks to about 6 months.

15. A pharmaceutical composition comprising oxandrolone in an amount effective to attenuate the rate of muscle mass loss for the amelioration of myopathy and muscle weakness in a patient infected with a Type-1 human immunodeficiency virus and a pharmaceutically acceptable carrier.

16. The composition of claim 15 wherein the effective amount provides a daily dosage in the range of about 2.5 to about 30 milligrams oxandrolone.

17. The composition of claim 15 wherein the effective amount provides a daily dosage of about 7.5 milligrams oxandrolone.

18. The composition of claim 15 wherein the effective amount provides a daily dosage of about 15 milligrams oxandrolone.

19. The composition of claim 15 wherein the effective amount provides a unit dose of about 1 to about 5 milligrams oxandrolone and is administered 3 times per day at about equally spaced intervals.

20. The composition of claim 15 for percutaneous administration.

21. The composition of claim 15 for intravenous administration.

22. The composition of claim 15 for intramuscular administration.

23. The composition of claim 15 for sublingual administration.

24. The composition of claim 15 for transdermal administration.

25. The composition of claim 15 for oral administration.

26. The composition of claim 25 in the form of a tablet.

27. The composition of claim 15 for administration over a time period in the range of about 2 weeks to about 6 months.

28. A composition comprising oxandrolone for the amelioration of myopathy and muscle weakness in a patient infected with a Type-1 human immunodeficiency virus and a pharmaceutically acceptable carrier such

that the composition is an oral composition and is appropriate for administration for a time period in the range of about 2 weeks to about 6 months.

29. A method for ameliorating myopathy and muscle weakness in a patient infected with a Type-1 human immunodeficiency virus which comprises administering to said patient oxandrolone in an amount sufficient to attenuate the rate of muscle mass loss in said patient.

30. The method in accordance with claim 29 wherein the oxandrolone is administered to said patient in a daily dosage in the range of about 2.5 to about 30 milligrams.

31. The method in accordance with claim 29 wherein the daily dosage of the oxandrolone is about 7.5 milligrams.

32. The method in accordance with claim 29 wherein the daily dosage of the oxandrolone is about 15 milligrams.

33. The method in accordance with claim 29 wherein the oxandrolone is administered to said patient as a unit dose of about 1 to about 5 milligrams three times per day at about eight-hour intervals.

34. The method in accordance with claim 29 wherein the oxandrolone is administered percutaneously.

35. The method in accordance with claim 29 wherein the oxandrolone is administered intravenously.

36. The method in accordance with claim 29 wherein the oxandrolone is administered intramuscularly.

37. The method in accordance with claim 29 wherein the oxandrolone is administered sublingually.

38. The method in accordance with claim 29 wherein the oxandrolone is administered transdermally.

39. The method in accordance with claim 29 wherein the oxandrolone is administered orally.

40. The method in accordance with claim 39 wherein the oxandrolone is administered in the form of a tablet.

41. The method in accordance with claim 29 wherein administration is continued over a period in the range of about 2 weeks to about 6 months.

42. A method for ameliorating HIV-associated myopathy and muscle wasting in a patient infected with a Type-1 human immunodeficiency virus which comprises orally administering a therapeutically effective amount of oxandrolone to said patient daily for a time period in the range of about 2 weeks to about 6 months.